



43. Alteburglauf
 Arnstadt / 06.05.2022

Detailed evaluation

Kiefer, Anja

Club: Arnstadt
 Number: 16

Course: 21.10 km
 Halbmarathon

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 2:24:46

Speed: 8.70 km/h
 Running performance: 6:52 min/km

Rank in course/Total: 32 (of 32)

Rank in course/Women: 3 (of 3)

Best time in course: 2:08:13

Rank in category: 1(of 1)

Best time in the category: 2:24:46

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|---------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Wendestelle | 10.40 | 1:08:29 | 6:35 | 1 | - | 3 | 6:41 | 10.40 | 1:08:29 | 6:35 | 1 | - | 3 | 6:41 |
| Alteburg-Turm | 10.70 | 1:16:17 | 7:07 | 1 | - | 3 | 9:52 | 21.10 | 2:24:46 | 6:51 | 1 | - | 3 | 16:33 |